



## Resources to Reduce Short-Term Comorbid Risks among Service Members with Amputations

### New Report for WII Service Members

In the continued effort to provide evidence-based resources for Wounded, Ill and Injured (WII) service members, the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department and the EpiData Center (EDC) released a [report](#) that studies health encounters experienced by WII Sailors and Marines with traumatic amputations.

### How Does it Help?

The purpose of this assessment is to identify HPW resources that could be used during the acute and chronic phase of treatment and rehabilitation of WII members for preventable chronic diseases.

“Due to advanced lifesaving medical treatment now available, many traumatic amputations require both short- and long-term rehabilitation efforts. We must focus on WII amputees, their specific health challenges, and the barriers they face in returning to optimal well-being.” said Cmdr. Connie Scott, HPW Department Head.

By understanding health risks that typically follow traumatic amputation, HPW can tailor materials needed to circumvent major comorbid risks. Understanding that WII members are at a higher risk and are more susceptible to developing comorbidities, HPW can address lifestyle behaviors specific to this population to support healing.



### Report Findings

The report revealed that major-limb traumatic amputations comprise more than 1,700 injuries for service members from 2001-2012. Additionally, literature and epidemiologic surveillance data of WII members shows trends of increased care for behavioral health, along with referrals for nutrition counseling and tobacco use.

#### HPW Strategy for Early Phase of Recovery

- Learn new stress management skills and behavior change strategies
- Cease any smoking or excessive alcohol intake
- Exercise nutritious eating habits to maintain a healthy weight
- Follow a comprehensive physical activities plan

### Resources to Use

The HPW Department designed several resources to guide WII service members and their families through their recovery.

- [Life After an Amputation](#)
- [Nutrition](#)
- [Navigating Stress](#)
- [Post-Traumatic Stress Disorder \(PTSD\)](#)
- [Tobacco Cessation](#)
- [Substance Abuse](#)

For more information on this subject and to read the report, go to:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx>

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